

Sore Nipples

Although some tenderness is normal, breastfeeding should not hurt.

Symptoms

- Painful nipples
- Reddened nipples
- Blisters, cracks, bleeding
- Slanted/creased nipples after feeding

Causes

- Baby not latched on well (most common)
- Flat/inverted nipples
- Mother: dermatitis, eczema, other infection
- Infant: tongue tie, abnormal palate

If latch is corrected and mother does not begin to experience relief, she should seek further help.

Comfort Measures

- Get help with the latch
 - Wide open mouth*
 - Flanged lips*
 - Nipple toward back of mouth*
- Breastfeed on least painful side first
- Air dry nipples
- Express prior to feeding
- Use expressed milk or lanolin
- Hydrogel pads
- Ask your doctor about ibuprofen

If it is too painful to nurse, ask your lactation consultant about a nipple shield.

P_revention

- Correct latch
- Express milk prior to nursing to soften the breast
- Use a finger in the side of baby's mouth to break suction when ending a feeding

Source: Mohrbacher, Nancy, IBCLC, *The Breastfeeding Answer Book*.
La Leche League International, 2005.



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